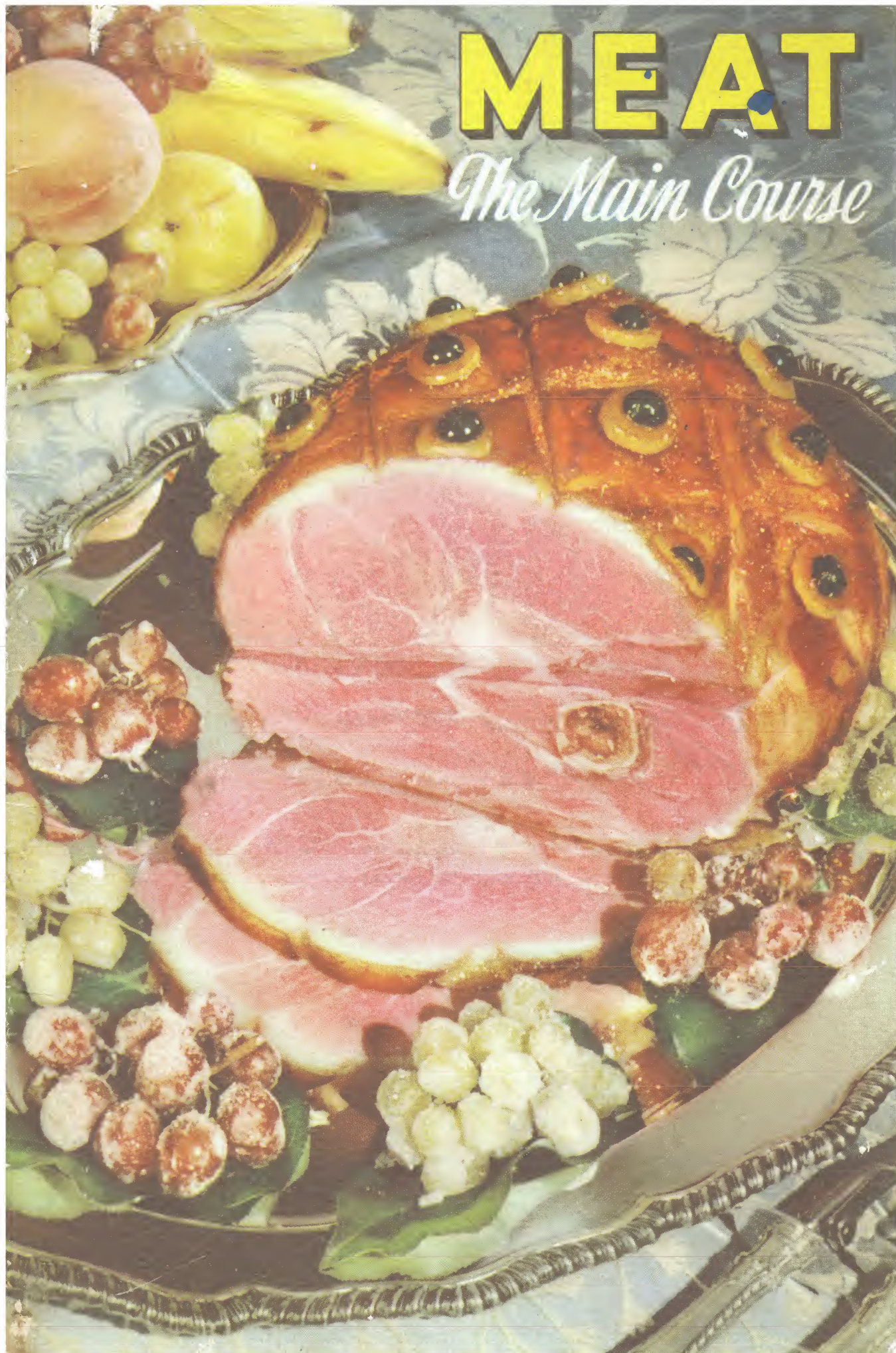


MEAT

The Main Course





The Kingan trademark "Reliable" is a
guarantee of high quality in meat products

For the Best in Meats—Ask for Kingan's

Meat . . .

The Keynote of the meal

WHEN planning a meal . . . what do you think of first . . . ? Meat, of course! Choose the meat—and you are off to a good start . . . It is the meat which is most keenly anticipated . . . which arouses appetite . . . but more than that, it is the meat that is the most satisfying food. It provides that all-important “staying-quality.” Most of us know that meat contains energy-giving and muscle-building protein . . . many are also aware through the findings of modern scientific research that meat, as well as vegetables, is rich in valuable minerals and protective *vitamins*. In particular, the rare and vitally necessary Vitamin B₁ is found in abundance in meat. We all like meat—and we may rest assured that meat is good for us! A variety of meat dishes is essential to a well balanced family diet, and the proper cooking of meat is an art in itself. Kingan and Company, purveyors of quality meats for almost a century, offer this booklet in the belief that it will prove helpful to every home-maker whom it reaches . . . In it will be found a wide variety of meat recipes for every occasion . . . and remember . . . meat sets the keynote of the meal!

Ann King

HOME ECONOMICS DIRECTOR
KINGAN & COMPANY

The Importance of Choosing the Right Ham

THERE are hams and hams in this world . . . the hams of Kingan and Company are truly delicious . . . one of the favorite treats of the connoisseur. To know how wonderful a ham can be, it is all important to choose the *right* ham . . . even fine cookery cannot disguise inferior quality. Kingan's Registered Reliable Hams are selected by experts, with just enough fat to enhance the lean . . . they are slowly aged, mellowed and smoked by a method exclusive with Kingan and Company, assuring unusual tenderness, intriguing aroma and mildness of flavor . . . Kingan's Reliable Hams have long been famous for their irresistible taste . . . but now, in order to *guarantee* satisfaction, Kingan and Company have *registered* certain of their hams. This registration certifies that the ham has been individually selected by experts and that every step in the process of its preparation has been carefully supervised and declared to conform with Kingan standards. You will make no mistake when you choose a Kingan Registered Reliable Ham—for it's the *right* ham!



You will always be sure of a delicious treat when you buy a Kingan's Registered Reliable Ham, whether you choose Kingan's Tender-Smoked or Kingan's Tasti-Cooked Ham. Tasti-Cooked is table ready. The registration tag is your guarantee of satisfaction.

Ham

Whole Hot Ham

Kingan's Reliable Tasti-Cooked Ham is cooked, ready to eat. If desired hot, place on a rack in a shallow pan at 325°F, fat side up, in oven, and heat for 1¼ to 1½ hours. For carving at table, leave a 3-inch collar of skin around shank bone. Criss-cross fat with knife, stick with cloves and spread with 1½ cups light brown sugar moistened very slightly with pineapple juice. Increase heat to 425°F. Baste frequently until brown.



Minced Ham In Individual Casseroles

Mince 1 cup cooked Kingan's Reliable Ham and mix with 4 fresh eggs, beaten slightly, 3 cups milk, ½ teaspoon salt, ⅛ teaspoon pepper. Pour into 6 buttered individual casseroles. Set in pan of boiling water, in moderate oven. Bake until firm, about 35 minutes.

Grilled Ham Fruit Roll

Spread 6 slices Kingan's Reliable Tasti-Cooked Ham with thick apple sauce. Remove peel from 3 bananas. Cut in halves crosswise and roll each half in a slice of ham. Fasten with a wood pin. Brush with melted Kingan's Reliable Butter. Grill until heated through and nicely browned.

Fried Ham With Cream Gravy

1 inch-thick slice Kingan's Reliable Tender-Smoked Ham
1½ tablespoons flour
Milk

Brown and cook ham on both sides in a hot skillet over moderate heat from 5 to 8 minutes. Remove ham to hot platter. Mix flour into drippings and stir in milk gradually. Cook and stir to make a smooth gravy of desired consistency.

Use hambone and ham drippings to flavor greens or lentil or bean soup.



Ham

Grilled Ham Platter

Broil a slice of Kingan's Reliable Tender-Smoked Ham, cut 1 inch thick, in pre-heated broiler, 3 inches below the flame, browning first on one side, then on the other. Core and slice, but do not pare, apples; sprinkle with sugar. About 8 minutes before ham is done, arrange apple slices around the ham. Baste with ham drippings. Serve on hot platter.

Ham Mousse Ring

- 2 tablespoons granulated gelatin ½ cup cold water
- 4 cups ground cooked Kingan's Reliable Tender-Smoked Ham
- ½ cup finely minced celery
- 4 tablespoons finely minced parsley
- 1 cup whipping cream

Stir the gelatin and cold water together and let stand for five minutes. Set over boiling water and stir until the gelatin is dissolved. Stir in ham, celery and parsley. Whip cream and fold it into the mixture. Pack into a ring mold and place in the refrigerator to set.

Unmold on a round flat platter. Heap Waldorf Salad in the center and surround with over-lapping half slices of oranges (skin left on) on small lettuce leaves and four mounds of stuffed olives. 12 servings.

Stuffed Ham Slices

- 2 thin slices Kingan's Reliable Tender-Smoked Ham (raw)
- Grated Shefford Cheese Cooked or canned asparagus
- 1 pint cooked macaroni Cream

Cut each ham slice in 3 pieces. Lay strips of macaroni on the ham. Sprinkle with grated Shefford Cheese. Roll and fasten with wood pins. Place the ham rolls in a baking dish and add cream to half the height of the meat. Bake in a moderate oven for ½ to ¾ hour, or until ham is tender. Ten minutes before removing from the oven, arrange canned asparagus in the pan to heat in the cream. Serve from the dish in which it is baked. 6 servings.

Tasti-Cooked Picnic

"Picnic" is the name given by meat dealers to the small cuts from the forequarter of the hog, weighing from 4 to 5 pounds. On account of the small size, it is ideal for service in families of three or four persons. Kingan's Reliable Tasti-Cooked Picnic comes packed in a tin which preserves the fine flavor and juices, and is ready to slice and eat cold, or may be heated. Picnics, as prepared by Kingan and Company, may be relied upon for delicious quality.



Tasti-Cooked Picnic With Raisin and Orange Sauce

Remove Kingan's Tasti-Cooked Picnic from the tin and place in shallow pan, heating in slow oven 30 to 40 minutes, basting occasionally. The picnic is especially delicious served with a Raisin and Orange Sauce, made by mixing $\frac{1}{4}$ cup sugar and 1 tablespoon flour with 1 cup boiling water and cooking until clear. Then add juice and grated rind of 1 orange, $\frac{1}{3}$ cup cooked seedless raisins and 1 tablespoon melted butter. Cook until thoroughly blended. Serve hot.

Glazed Hot Picnic

Remove Kingan's Reliable Picnic from tin. Warm in covered pan in oven 350° F. for 1 hour. Score fat; stick with cloves, and sprinkle lightly with brown sugar. Return to oven uncovered, increase heat to 400° F. Let brown nicely.

Picnic With Cream Sauce

Brown sliced Kingan's Reliable Picnic. Add cream to barely cover slices. Simmer 5 mins.

Picnic for Cold Buffet

Chill Kingan's Reliable Picnic thoroughly. Remove from tin and pour over it a glaze made by boiling $\frac{1}{2}$ cup each brown and white sugar and $\frac{1}{2}$ cup water to thread stage. Place on platter; garnish with sliced oranges. Slice as needed.



Bacon

THERE is no more zestful and appetizing food than really good bacon, properly cooked. Slight as these browned strips of flavorful goodness are, they contribute real nourishment as well as enjoyment. Try a breakfast with bacon—and a breakfast without bacon—you'll notice the difference! The breakfast with bacon will sustain you longer. Besides being delicious to eat by itself, bacon contributes to the enjoyment of other foods. Bacon is a favorite dinner meat with dishes such as baked beans, macaroni, and cheese and corn pudding.

Panbroiled Bacon

Arrange single layer of Kingan's Reliable Bacon in a cold skillet and place over moderate heat. Turn frequently for about 8 minutes, until strips are all of even crispness and a light brown color. Pour off fat as it accumulates and do not let pan become so hot that fat smokes. If very crisp bacon is desired drain strips on absorbent paper.

Boiled Bacon

Simmer 2-pound piece of Kingan's Reliable Bacon in water for about 1½ hours. Remove from water, scrape off skin, crisscross top surface and sprinkle with a few sifted bread crumbs. (Boiled Bacon is used extensively in England, with green vegetables.)

Baked Bacon

When a large quantity of bacon strips are needed, baking is the best means of cooking. Place the strips on a rack over a shallow pan and bake in 400° F. oven, from 15 to 18 minutes, until desired color and crispness are reached. Neither turning nor draining is necessary.



Grilled Open Bacon Sandwich

Toast bread slices on one side under the broiler. Spread the untoasted side with Kingan's Reliable Butter. Place a slice of Shefford Cheese on top of each untoasted side and over the cheese place two strips of Kingan's Reliable Bacon. Toast under the broiler until bacon is crisp and brown and the cheese melted. Serve immediately.

Bacon

Bacon Drippings

Bacon drippings are excellent for sautéing foods, as an especially appetizing flavor is imparted. Slice tomatoes and sauté in bacon drippings; bananas, too, are delicious, peeled and cut lengthwise, then sautéed in a little bacon fat. When frying meat patties, use bacon drippings for flavor. Bacon drippings may be used as shortening for corn bread, ginger bread and spice cake with excellent flavor results.



Bacon with Other Foods

Bacon is not only delicious and nourishing in itself, but bacon also adds greatly to the flavor of other foods when served in combination with them. Finely cut, cooked bacon is a most welcome and zestful addition to various piquant mixtures used in making canapes and appetizers . . . Its distinctive flavor contributes increased eating pleasure when bacon is added to the stuffing of baked vegetables, such as stuffed baked tomatoes or stuffed baked eggplant. When roasting fowl (either turkey or chicken) a strip or two of bacon laid over the breast-bone, not only prevents drying and burning of the meat, but imparts added richness of flavor. Bacon combines particularly well with all cheese dishes, and for this reason, a little chopped, cooked bacon added to the cream sauce in which vegetables are served, such as carrots or string beans, does something for appetite appeal, which good cooks commend.

Scalloped Potatoes with Bacon

Scalloped potatoes *en casserole* are made doubly delicious by laying strips of bacon over the top, about 20 minutes before the potatoes are done, and allowing the bacon to thoroughly bake before serving.



A "Last Word" About Bacon

Macaroni or spaghetti, served in a cheese cream sauce, become still more delectable when tiny pieces of cooked Kingan's Reliable Bacon are added, the last minute before serving.

Sausage

KINGAN'S RELIABLE SAUSAGE is made from only the choicest pork, expertly seasoned. That is why the meat is so tender and the flavor so unusually good. Kingan's Reliable Sausage is sold in Visking covers in 1 pound pieces, convenient for cutting in patties; and in link, packaged in cellophane. Once you have tried Kingan's Reliable Sausage, either using the Visking form in patties, or the link, both easily prepared and delicious, you will find yourself serving this appetizing and wholesome meat on many occasions, for supper as well as for breakfast and lunch.

Casserole of Sausage and Lentils

- | | |
|--|--|
| 1 cup lentils (or dried peas) | $\frac{3}{4}$ teaspoon salt |
| 1 lb. Kingan's Reliable Pure Pork
Breakfast Sausage Links | Pinch pepper |
| 1 onion, minced | 1 tablespoon minced canned
pimiento |
| $\frac{1}{2}$ teaspoon minced parsley | 1 cup thick part of canned
tomatoes |

Wash, soak and cook lentils until tender. Drain. Cook sausage according to directions on package. Remove from skillet when only light brown. Cook the onion in 2 tablespoons of the sausage fat. Mix into lentils cooked onion, parsley, salt, pepper and pimiento. Place in a buttered casserole. Arrange sausages on top of lentils. Finish the casserole by pouring tomatoes over sausages. Brush top with sausage fat. Bake in oven 350° F. for 20 minutes.

Casserole cooking has distinct advantages. Many left-over foods may be appetizingly utilized, and the casserole, without fear of burning or drying out, may be kept hot in case of delay.

Sausage Patties with Hominy

Cut Kingan's Reliable Pure Pork Sausage in Visking in patties about 1 inch thick. Brown in hot skillet. Remove the Visking ring as the meat recedes from it. When the meat is nicely browned, reduce heat and cook until done—about 15 minutes. Remove patties to hot platter. Heat and brown cooked hominy in sausage drippings.



Sausage

Sausage and Adirondack Griddle Cakes

Serve the Adirondack Griddle Cakes with Kingan's Reliable Pure Pork Breakfast Sausage Links. (Read package directions for cooking.)

2 cups flour

2 cups buttermilk or sour milk

Mix well and let stand over night.
In the morning add:

1 egg yolk **½ teaspoon sugar**

1 tablespoon Kingan's Reliable Butter **1 teaspoon salt**

1 teaspoon soda dissolved in table-spoon water

1 egg white beaten to a stiff froth and folded in last

Thin with cold water if necessary. Bake on a hot griddle. Yield: 16 cakes (5 inches).

Frankfurter (Wiener) Toast Rolls

Kingan's Reliable Frankfurters (Wieners)

Big finger rolls

Kingan's Reliable Butter

Simmer Frankfurters (or Wieners) in water until heated through (about 5 minutes). Split rolls, butter them, and toast lightly. Fill with split Frankfurters or whole Wieners. Serve with mustard and crisp green salad.

FOR OUTDOOR COOKERY. Place Frankfurters in a corn popper. Shake them to toast evenly.

Picnic Suggestion: Roll toasted Frankfurters in pancakes.

Sausage with Apple Rings

Prepare Kingan's Reliable Pure Pork Breakfast Sausages according to package directions or place them in a skillet over moderate heat, turning often to brown all sides. Drain; save fat. When the sausages are done and nicely browned, remove them to a hot platter.

Wash and core, but do not peel, large tart apples. Cut them in rings ¼ inch thick. Dip in sugar and brown on both sides in the sausage fat.



Breakfast Dishes men like...

TOAST and a cup of coffee is no breakfast for a man! Nor for a woman, either, if it comes to that! The modern American breakfast is fast approaching the vanishing point, due to mistaken ideas of the virtues of dieting and to general early morning haste and confusion. Men want substantial food to start them off for the day's work . . . and there are many delicious and nourishing breakfast dishes, that take only a short time to prepare, and which we are bold to say, the woman of the house will enjoy as much as the man! Find out what a really good and nourishing breakfast tastes like, and even if bent on dieting, you will prefer proper exercise to semi-starvation!

Panbroiled Liver and Bacon

Soak liver in sweet milk over night in the refrigerator. Panbroil bacon according to directions on page 6. Remove to hot platter. Dip slices of liver in flour seasoned with salt and pepper and sauté in hot bacon fat. Arrange on platter with bacon. Garnish with sprigs of parsley.

Broiled Lamb Kidneys

Split Kingan's Lamb Kidneys. Run a metal skewer through them to keep them flat. Dip in melted Kingan's Reliable Butter, then in sifted bread crumbs. Broil under moderate heat about 5 minutes. Sprinkle lightly with salt and pepper. One or two per serving.

Colonial Fried Bacon and Apples

8 pieces Kingan's Reliable Sliced Bacon
1½ qts. peeled, tart apples, cut in 1-inch cubes
3 tablespoons sugar (scant)

Put the bacon in a cold, heavy skillet over moderate heat. Turn the bacon often until lightly browned. Remove it from the fat and keep it hot. Add the apples to the bacon fat. Sprinkle them with sugar. Cover and cook slowly until tender. Remove cover so that pieces will retain their shape. Let them brown lightly. They should be almost transparent. Pile them lightly in a little mound on a hot platter and arrange the bacon as a border.

Ham and Eggs

Choose a slice of Kingan's Tender-Smoked Ham, cut 1 inch thick. Place in heated skillet and cook until browned and done—about 15 minutes. Remove to a hot platter and keep warm. Pour off all of the fat in the pan except about 1 tablespoon, and break in the eggs, adding 1 tablespoon water and covering closely. When done, place around the ham on the platter and serve at once.

Ham Waffles

Add $\frac{1}{3}$ cup minced cooked Kingan's Reliable Tender-Smoked Ham to each pint of waffle batter. Serve with melted butter and pineapple strips.



Hash with Poached Egg

Turn a tin of Kingan's Reliable Corned Beef Hash out in a whole loaf by chilling the tin and cutting below the rim on both ends. Divide in 4 patties. Brown both sides quickly in Kingan's Tasti-Creamed Lard. Remove to a platter; make an indentation on each with the back of a spoon and place on each a poached egg.

Dried Beef, Danish Style

$\frac{1}{2}$ package (2 oz.) Kingan's Reliable Sliced Dried Beef

1 egg, hard boiled

2 tablespoons flour

1 cup cream

Put the flour in a saucepan and gradually stir in cream to make a smooth paste. Cook gently and stir continuously until thickened. With scissors snip dried beef into sauce. Add egg, cut in bits. Set over low heat for 2 minutes. Serve on toast.

Sausage and Potato Pancakes

Cover Kingan's Reliable Smoked Country Sausage with water and simmer 5 minutes. Drain and cook slowly until nicely browned. Remove to hot platter. Fry the cakes in sausage fat.

6 potatoes, pared, grated and well drained

2 tablespoons flour

2 eggs, well beaten

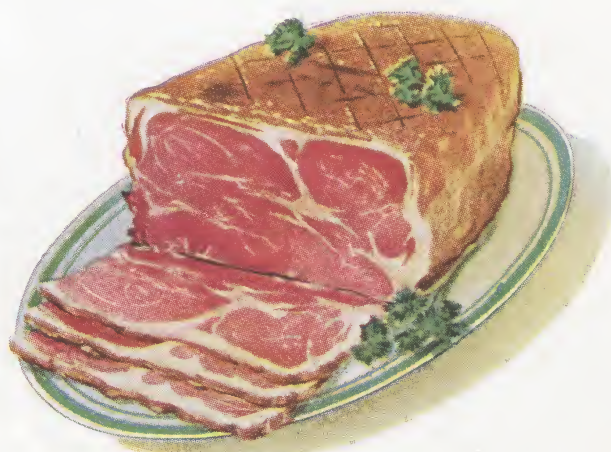
$\frac{1}{2}$ teaspoon salt

Mix ingredients. The cakes should be fried so the edges are crispy brown.

Cold Cuts

Cooked Ham

MANY a homemaker finds Kingan's Reliable Cold Cuts and Kingan's Reliable Cooked Ham indispensable for easy and graceful hospitality, and also a constant helper and delight in menu planning for the family. The greatest use of Kingan's Reliable Cooked Ham is for sandwiches. However, many hot, tasty, satisfying dishes such as creamed ham, ham noodles and green peas, and ham hash can be speedily made from Kingan's Reliable Cooked Ham. Kingan's Reliable Cold Cuts are made in every variety, Bologna, Salami, Liverwurst, to name a few, and combined with Kingan's Reliable Cooked Ham, they make as tempting supper dishes as you could find! See list of Kingan's Cold Cuts, page 32. It is easy to prepare a green salad, deviled eggs, and, say, a casserole of macaroni *au gratin*—there you have a supper fit for a king with these fine cold meats serving as appetite-quickener and *pièce de résistance* in one . . . At the first taste, you know Kingan's Reliable Cold Cuts are of superior quality, and whenever you want Cold Cuts you will find yourself saying "Kingan's!"



Cold Cut Platter with Deviled Eggs

(See illustration)

Kingan's Reliable Cold Cuts
Sliced hard boiled eggs
Olives Parsley

Arrange Kingan's Reliable Cold Cuts, with overlapping slices as shown in illustration. Place the slices of boiled eggs in the center of the platter and garnish with olives and parsley. If desired, such a platter may be arranged several hours before serving and kept cold in the refrigerator. It should, however, in this case, be covered with waxed paper.



Individual Cold Cut Platter

Sprigs of watercress
*Kingan's Reliable Cold Cuts
Celery
Pickles

Lettuce
Tomato halves, stuffed
Olives
Deviled eggs

Make small sandwiches, with fillings of Kingan's Reliable Bologna, Liverwurst, Peerless Loaf, Pilot Loaf, and Boiled Ham.

Arrange an individual portion of each item of food in an attractive manner on as many plates as there are persons to be served. Cover with waxed paper and set in the refrigerator until time of serving. *See list of Kingan's Reliable Cold Cuts on page 32.

Cold Cuts and Fruit Salad

1 orange
1 banana
1 red apple

4 slices canned pineapple
4 stalks celery
Lettuce

Shefford's Mayonnaise
Whipped Cream

*Kingan's Reliable Cold Cuts

Cut chilled fruits and celery in small pieces. Just before serving mix with mayonnaise. Place on lettuce. Arrange in the center of a large platter. Top the salad with whipped cream to which mayonnaise has been added. Arrange slices of Kingan's Reliable Cold Cuts around the salad.

*Choose from list on page 32.

Cold Cuts

Cold Cuts with Cole Slaw

*Kingan's Reliable Cold Cuts Kingan's Reliable Tasti-Squares
Kingan's Reliable Boiled Ham Kingan's Reliable Braunschweiger

Cole slaw, made from:

1 qt. very finely shredded cabbage
 $\frac{1}{2}$ cup Shefford Salad Dressing
 $\frac{1}{2}$ tablespoon lemon juice
 $\frac{1}{2}$ teaspoon salt
Hearts of lettuce cups
Paprika

Slice Kingan's Reliable Cold Cuts, Boiled Ham, Tasti-Squares and Braunschweiger. Arrange pieces to overlap each other. Crisp cabbage in ice-water. Drain thoroughly and mix with the dressing to which lemon juice and salt have been added. Heap cole slaw in lettuce cups and sprinkle with paprika. Arrange around the sliced meats on platter.

*Choose from list on page 32.

Dried Beef Sandwiches

2 eggs, hard boiled
2 or 3 tablespoons Kingan's Reliable Butter, softened
4 slices bread
5 oz. jar Kingan's Reliable Sliced Dried Beef

Press the egg yolks through a sieve and mix them to a paste with the butter. Mince the whites and add them to the paste. Spread the slices of bread evenly with the paste. Mince the beef and press it lightly on the top of the sandwich. Cut the slices in halves.

Tasti-Square Luncheon Salad

$\frac{1}{4}$ pound each of Kingan's Tasti-Squares	Salt
$2\frac{1}{2}$ cups cooked elbow macaroni	Pepper
$\frac{3}{4}$ cup chili sauce	Paprika
$\frac{1}{2}$ cup diced pimienta	Mayonnaise
Hearts of lettuce	

Put $\frac{1}{4}$ pound each of Kingan's four varieties of Tasti-Squares through the meat grinder. Mix thoroughly all ingredients, except lettuce and mayonnaise. Arrange the hearts of lettuce like small cups on a large platter; fill with the Tasti-Square mixture, and top with tablespoon of mayonnaise.

TASTI-SQUARE

Meats



KINGAN'S Tasti-Squares are new meats, shaped like a Pullman loaf of bread, with absolutely square ends, so they fit perfectly on bread slices for sandwiches, with no extra cutting or trimming. They offer a fine variety. You will enjoy an assortment of Tasti-Squares on the Cold Cuts platter. They may also be heated for a fine luncheon or supper dish. Kingan's Tasti-Squares come to your dealers pasteurized and in modern protective wrappings to assure you fine-tasting, juicy slices.

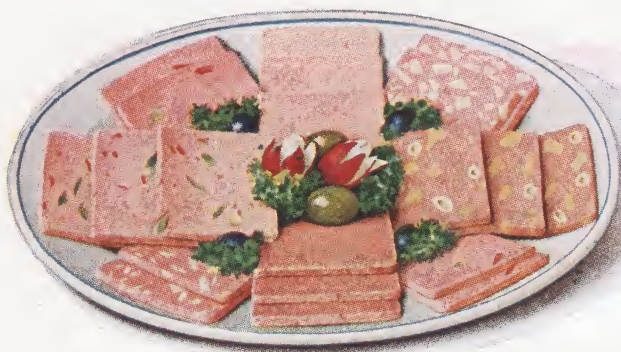
Delicious Tasti-Square is made of pure pork, delicately seasoned, tender and delicious, of extra fine flavor.

Tangy Tasti-Square tastes like Cooked Salami, zesty and appetizing. Unusually good, tender and a fine blend of meat flavors.

Luxury Tasti-Square is made of meats, pistachio nuts and pimienta—a delightful combination of flavors.

Mac Tasti-Square is made of meat, macaroni and cheese, attractive, flavorful and nourishing.

As a suggestion to all those who like good salads—Kingan's Tangy Tasti-Square when cut in tiny cubes and mixed with crisp, raw vegetable salad adds a delightful taste. Or thin strips of Kingan's Delicious Tasti-Square may be arranged tastefully on top of a combination vegetable salad.



Kingan's Mac Tasti-Square and Kingan's Luxury Tasti-Square are particularly delicious when sliced thin and served cold on plates of green salads, mixed with piquant French dressing.

Canapes

CANAPES—those provocative, tantalizing tidbits—have become so popular that the wise woman will have many recipes for their concoction at her finger-tips. Whether served with cocktails or as a first course, their chief function is to be intriguing in appearance, and so piquant as to pleasantly astonish the palate! Meat pastes, fish pastes, cheeses, olives, chopped bacon, highly seasoned, minced hard-boiled egg, are some of the foods you will want at hand when making canapes. The use of ground cold meats, such as those provided by Kingan's Reliable Cold Cuts, mixed with other spicy foods, is convenient and economical—and deliciously appetizing as well. When canapes are in order, be sure to make some of them with Kingan's Reliable Cold Cuts!

Minced Cold Cuts for Canapes

Put through the meat grinder a dozen or more slices, according to the number of persons to be served, of Kingan's Reliable Cold Cuts. Mix well with a little mayonnaise, Worcestershire Sauce, a dash of prepared mustard and India Relish. Spread on fried rounds of white bread, and top with a grating of egg yolk and tiny bits of parsley.

Dried Beef Canapes

Hard boil 2 eggs. Press the yolks through a sieve and mash them to a paste with 2 tablespoons of Kingan's Reliable Butter, softened. Mince the egg whites and add them to the paste. Season highly with salt, pepper, paprika and mustard. Cut white bread in small fancy shapes and spread evenly with the paste. Put the dried beef through the grinder and press a little mound of it lightly on top of the canapes.

Ham Paste Canapes

Put a slice of Kingan's Reliable Tasti-Cooked Ham through the food grinder three times. Add a little thick cream to make a paste. Season with cayenne, celery and onion salt, and a tiny pinch of ground cloves. Spread on sautéed bread rounds. Garnish with a border of iced egg white and a stuffed olive, cut in a thin slice, showing the red pimiento filling.

Bologna Canapes

Spread 3 slices of Kingan's Reliable Bologna with cream cheese. Place the spread slices on top of each other and form into a roll. Cut the roll in $\frac{3}{4}$ -inch pieces and serve from colored wood pins. Or, place tiny rounds ($1\frac{1}{2}$ -inch thick) of Kingan's Reliable Bologna on rounds of buttered whole wheat bread, and garnish with a bit of iced egg yolk.

Canapes

Bacon and Mushroom Appetizers

Cut Kingan's Reliable Sliced Bacon in three pieces cross-wise. Wrap each piece around a large mushroom cap, fastening with a wood pin. Broil until bacon is nicely browned. Serve hot. For another variety of bacon appetizer, wrap broiled pieces of Kingan's Reliable Bacon, while hot, around stuffed olives, and serve from colored wood pins.



Tasti-Square Canapes

Cover a thin slice of white bread with Shefford American cheese. Place a slice of Kingan's Tangy or Luxury Tasti-Square over the cheese. Trim crusts to make a square. Cut slice in 4 squares; then cut each square diagonally.

Bacon and Peanut Butter Canapes

Spread small round crackers with peanut butter. Broil lightly 3 or 4 strips of Kingan's Reliable Bacon and cut in 1-inch squares. Place a square of lightly broiled bacon on top. Place under the broiler for about 2 minutes. Serve hot.

Braunschweiger and Celery Canapes

Mix mayonnaise with Kingan's Reliable Braunschweiger to make a paste. Add finely-chopped, crisp celery. Cut in small crescent shapes. Garnish with minced sweet pickle, or India Relish, and bits of pimienta.

Pâté De Foie Canapes

Spread thin slices of white bread with Kingan's Reliable Pâté de Foie, cut in small star shapes. Garnish with a slice of hard-boiled egg.

Hot Tamales Canapes

Remove husks from Kingan's Reliable Hot Tamales and cut in pieces $\frac{3}{4}$ -inch long. Serve from colored wood pins.

Steaks

AFINE steak, deliciously broiled, is one of America's favorite meats—and no wonder! You can't duplicate the irresistible flavor and the satisfied "all's right with the world" feeling, after such a meal!

For the finest steaks choose a Kingan's branded porterhouse or a Kingan's branded sirloin.

Broiled Porterhouse Steak

Kingan's Branded Porterhouse Steak $1\frac{1}{2}$ -inch thick
Kingan's Reliable Butter Salt Pepper

Trim off excess fat; the strip end may be removed and ground, left on as is, or fastened to make a compact piece.

Preheat the broiler to 500° F. or very hot. Put the steak on the broiler rack so that the meat is 3 inches below the flame. Turn once. To cook medium rare will require about 20 minutes. Season both sides with salt and pepper. Place on a hot platter and spread with butter.

Kingan's Reliable Sirloin and Club Steaks may be broiled the same way. A one-inch-thick steak should be placed 2 inches below heat unit.

Swiss Steak

$1\frac{1}{2}$ -inch or thicker Kingan's Branded Beef
Suet or beef drippings Flour
Salt and pepper $\frac{3}{4}$ cup water or tomato juice

Select beef from chuck, rump or round. Use 1 level teaspoon salt and $\frac{1}{8}$ teaspoon pepper for every pound of clear meat. Sprinkle both sides of the meat with seasoning and flour. Brown in a hot skillet in the fat; add liquid. Cover and cook over low heat until tender.

Charcoal Grilled Steak

(For outdoor cookery)

Kingan's Branded Sirloin Steak, 2 inches thick	1 tablespoon lemon juice
1 clove garlic	Salt, pepper
$\frac{1}{4}$ cup olive oil	Kingan's Reliable Butter
	2 teaspoons Worcestershire sauce

Cut fat from the steak. Crush the garlic into oil. When the oil is thoroughly flavored remove bits of garlic. Add lemon juice and dip both sides of the steak in mixture. Let stand while heating grill.

The bed of charcoal should be glowing red with a rack about 3 inches above coals. Preheat a large, heavy metal grilling platter. Grill steak to a nice brown on one side, then turn it and complete cooking. For a medium rare steak allow about 30 minutes. When steak is done, salt and pepper it, spread with butter and add Worcestershire Sauce. Carve on grilling platter.



Roasts

FOR the finest roasts choose Kingan's branded beef. Choose either a standing or rolled rib roast. Place fat side up in an open roasting pan. Add $\frac{3}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper for each pound of meat. No water is added. Set in oven at 325°F. and roast to the desired degree as indicated by a roast meat thermometer. It will take from 18 to 20 minutes a pound for rare, from 22 to 25 for medium, and from 27 to 30 minutes for well done. Boned and rolled roasts will take a few minutes longer. Usually a roast is sufficiently browned by the time it is done, but if it should not be, increase the oven temperature the last few minutes of cooking.

Brown Gravy

For each cup desired, use 2 tablespoons of pan drippings, $1\frac{1}{2}$ tablespoons flour, 1 cup water. Stir the flour into the fat until smooth. Stir in the water gradually and cook 2 or 3 minutes. The meat may be served with the unthickened pan gravy.

Yorkshire Pudding

Yorkshire Pudding, a "boon companion" of Roast Beef, is delicious and easily made. Stir together to a smooth consistency the following ingredients: 4 beaten eggs, 1 pint milk, 1 teaspoon salt and 2 teaspoons baking powder sifted with 2 cups of flour. Spoon out drippings from Roast Beef pan into a shallow baking pan, to the depth of $\frac{1}{4}$ inch. Then pour in mixture and bake 50 minutes or until brown and puffy. Cut in squares and serve around roast.

Roast Leg of Lamb

Leave fell on. Rub with salt and pepper and place on a rack in a shallow pan with the skin side down. Insert a roast thermometer so the bulb reaches the center of the thick round of the leg. The thermometer should not rest on bone. Roast in oven 325° F. uncovered about 30 minutes per pound. Do not add water. Serve with mint sauce.

Mint Sauce

1 tablespoon powdered sugar $\frac{1}{4}$ cup minced mint leaves
 $\frac{1}{2}$ cup vinegar

Dissolve sugar in vinegar. Pour over minced mint leaves and place where it will keep warm but not hot. Allow it to infuse for an hour or more.

Chops

CHOPS of lamb, pork or veal are greatly in demand. The cuts from the loin and rib are fine, but shoulder chops may also be used.

Broiled Lamb Chops

Remove fell from 1½ inch thick Kingan Loin Lamb Chops. Place them on rack of preheated broiler. The top of the meat should be 3 inches below heat. Cook until nicely browned on one side before turning. Complete cooking about 25 minutes. Salt and pepper. Serve immediately. Rib and shoulder chops may be cooked by the same method.

FOR MIXED GRILL, place on rack with chops Kingan's Reliable Pure Pork Breakfast Sausages, Kingan's Lamb Kidneys split and brushed with Kingan's Reliable Butter, large mushroom caps, halves of parboiled potatoes, also brushed with butter, salt and pepper. Seven minutes before the chops are done add Kingan's Reliable Sliced Bacon.

Stuffed Pork Chops

4 double Kingan Pork Chops	½ teaspoon scraped onion
½ cup dry bread crumbs	¼ teaspoon salt
1 tablespoon melted Kingan's Reliable Butter	¼ teaspoon (scant) sage
	2 or 3 tablespoons hot water

Slit each chop to make a pocket. Rub a little salt into the meat surrounding the pocket. Combine stuffing ingredients and divide among the 4 chops; fasten with wood pins. Brown on both sides in a skillet over moderate heat; cover closely and cook over low heat about 45 minutes more.

Braised Pork Chops

Select one-inch-thick Kingan Pork Loin Chops. Preheat a heavy skillet. Brown nicely the fat edges of chops and both sides. Sprinkle with salt and pepper. Reduce heat. Cover closely and cook 33 to 40 minutes.

Sautéed Veal Chops

Select one-inch-thick Kingan Veal Loin or Rib Chops. Dip in evaporated milk, then in flour seasoned with salt and pepper. Sauté to a nice brown in a hot heavy skillet in Kingan's Tasti-Creamed Lard. Cover closely, reduce heat and cook 30 minutes longer. Serve with mushroom cream gravy made by stirring a can of cream of mushroom soup into dregs in skillet in which chops were cooked.

Ready-to-serve Meats



WHEN you want a tempting, well-prepared, nourishing dish, without having to cook it, that is the time to open a can of Kingan's delicious, ready-to-serve meats. On an especially busy day, when time is precious, Kingan's Canned Meats are a perfect boon! They are offered in splendid variety, all of dependably high quality. It is like having a chef in your kitchen!

Corned Beef Hash

Turn out a can of Kingan's Reliable Corned Beef Hash into a sauce pan set over low heat. Stir with a fork once or twice until heated. Arrange in a ring on a round platter. Fill center with scrambled eggs and surround with tiny buttered hot beets and hot green beans.

Red Flannel Hash

- 1 tablespoon Kingan's Reliable Lard
- 1 tin Kingan's Reliable Corned Beef Hash
- 1 cup chopped cooked red beets

Heat a skillet. Melt the lard in it. Mix hash and beets and cook over moderate heat until thoroughly heated—5 to 7 minutes.

One tablespoon minced onion, if liked, may be simmered in the lard until slightly yellowed before the other ingredients are added.

4 servings.

Hot Tamales

Kingan's Reliable Hot Tamales will go "to the right spot" when you want something "different." It is a Mexican dish, made from choicest, selected meat, ground and deliciously seasoned with herbs and spices, wrapped in corn meal mush.



...Delicious-Economical

THE careful home-maker may rely with confidence upon the high quality of Kingan's Canned Foods, for they are prepared by expert chefs in Kingan's immaculate kitchens. Only Kingan's Reliable meats and other food products of absolute purity are used. Order an assortment of Kingan's Reliable Canned Foods today, and be prepared with these wonderful dishes for spur-of-the-moment meals.

Spaghetti and Meat

Choicest Kingan's Reliable Spaghetti, selected meat of high quality, with a delicately seasoned tomato sauce—the best you ever tasted—make this hearty, nourishing dish, relished by thousands of delighted families.



Chile Con Carne

And here is another Mexican dish—Kingan's Reliable Chili Con Carne—made from finest quality meat, with or without chili beans, with fresh tropical spices, blended into an irresistibly appetizing flavor. It is a wonderful treat, fully equal to the finest Mexican Chili Con Carne.



Beef Stew with Vegetables

Kingan's Reliable Beef Stew with Vegetables, is a hearty meal in itself, satisfying, nourishing, and of delicious flavor—a blend of finest meats and fresh vegetables with a rich sauce.



The Less Expensive Cuts of Meat..

SOME of the finest meat dishes are made from less expensive cuts by cooking them slowly in moist heat. The meat may be browned first for attractive color and enhanced flavor. Consult the charts on pages 25, 26 and 27 and take advantage of the less expensive cuts.

Pork Sparerib Pie

Filling

2 lbs. Kingan Spareribs	4 carrots to 1 cup cooked peas
4 medium potatoes	Salt
6 small onions	3 tablespoons flour ½ cup milk

Simmer spareribs in salted water until bones slip out easily. Remove from broth, take out bones and remove any fat. Cut potatoes in quarters and carrots in thin slices. Cook all the vegetables. Mix them with the meat and place in a casserole.

Stir the flour smooth with a little of the milk, add broth (fat removed) to milk to make 1½ cups. Combine thickener and liquid. Cook, stirring continuously until smooth and thickened. Add ½ teaspoon salt. Pour over contents in casserole.

Crust

Cover with crust made from:

1 cup flour	4 tablespoons Kingan's
½ teaspoon salt	Tasti-Creamed Lard
2 teaspoons baking powder	About ½ cup milk

Mix as for biscuit. Roll in round to fit top of casserole. Cut in wedges and place over filling. Bake in oven 425° F. for 25 minutes. Variation: Double ingredients for crust if it is desirable to line casserole with crust.

Quick Meal

Slices of Kingan's Reliable Peerless Loaf
Kingan's Tasti-Creamed Lard
1 can Kingan's Reliable Brown Meat Gravy

Heat meat in a skillet with enough lard to prevent sticking; place meat on platter, heat gravy in skillet and pour over meat. Cooked or canned mushrooms may be added.

Chart of Pork Cuts

Retail Cuts



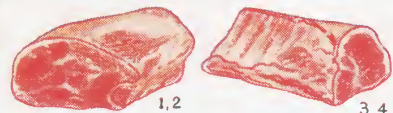
Sirloin Pork Roast — Roast
Pork Tenderloin Frenched and Whole — Broil or Braise



Canadian Style Bacon — Broil —
Loin Chop



Rib Pork Chop — Broil or Braise
Frenched Rib Chop — Broil or Braise
Butterfly Chop — Broil or Braise



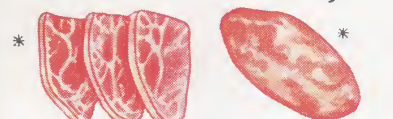
Loin Roast Ham End — Roast
Loin Roast Center Cut — Roast



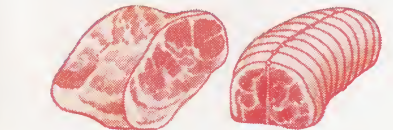
Loin Roast Shoulder End — Roast
Crown Pork Roast — Roast



Fat Back — Lard
Lard — Shortening

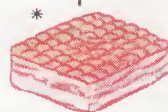
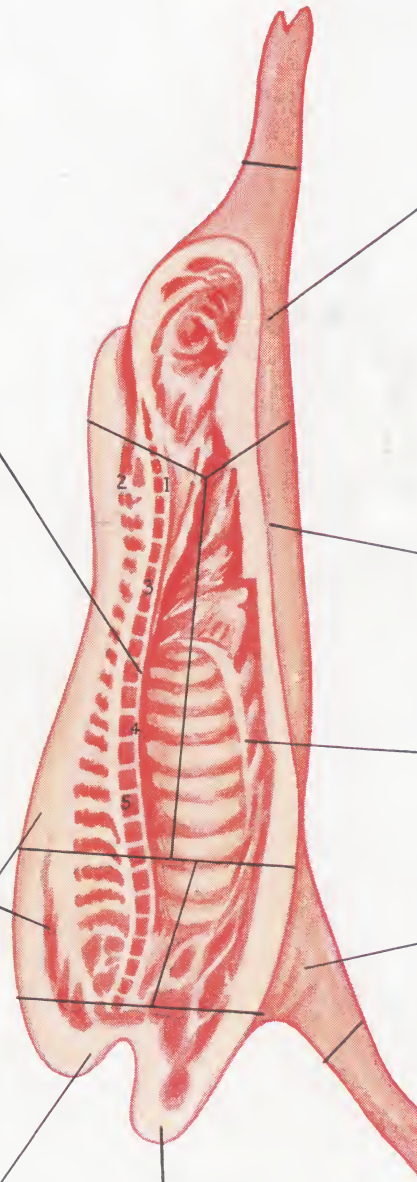


Blade Pork Steaks — Braise
Smoked Cottage Roll — Bake or Panbroil



Boston Style Butt — Roast
Rolled Boston Style Butt — Roast

Wholesale Cuts



Bacon Square — Seasoning — Panbroil

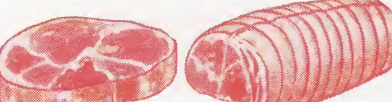
Retail Cuts



Half Ham Butt End — Bake or Simmer
Half Ham Shank End — Bake or Simmer



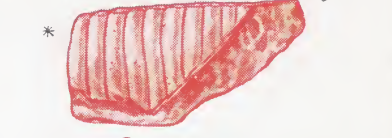
Ham Butt Slice — Broil or Panbroil
Center Ham Slice — Broil or Panbroil



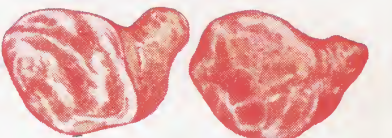
Fresh Ham Roast — Roast
Rolled Fresh Ham Roast — Roast



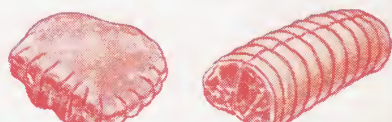
Bacon — Broil — Panbroil or Seasoning
Salt Pork — Broil — Panbroil or Seasoning



Spareribs — Simmer — Braise or Roast



Fresh Picnic Shoulder — Roast
Smoked Picnic Shoulder — Bake or Simmer



Cushion Style Picnic Shoulder — Roast
Rolled Picnic Shoulder — Roast

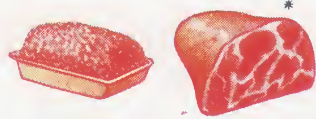


Fresh Shoulder Hock — Simmer
Arm Pork Steak — Braise

*LESS EXPENSIVE CUTS

Chart of Beef Cuts

Retail Cuts



Ground Beef — Roast or Broil —
Heel of Round — Braise or Simmer —



Hind Shank — Soup or Simmer —



Rolled Flank — Braise —
Flank Stew — Stew —



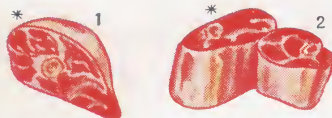
Flank Steak — Braise —
Flank Steak Fillets —



Plate Boiling Beef — Simmer or Braise —
Rolled Plate —
Short Ribs —



Beef Brisket — Simmer —
Corned Beef —

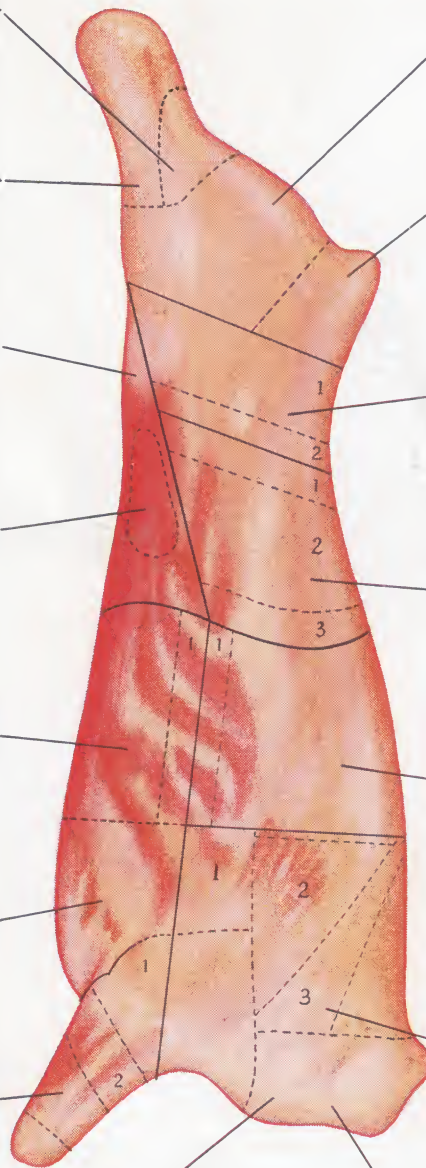


Knuckle Soup Bone — Soup or Braise —
Cross Cut Fore Shank —

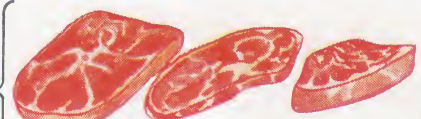


English Cut — Braise —
Arm Pot Roast —

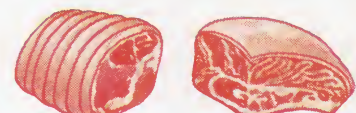
Wholesale Cuts



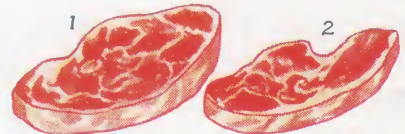
Retail Cuts



Round Steak — Braise —
Top Round —
Bottom Round (Swiss Steak) —



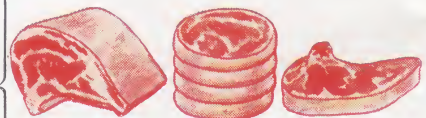
Rolled Rump — Braise or Roast —
Rump Roast —



Sirloin Steak — Broil or Panbroil —
Pin Bone Sirloin Steak —



Porterhouse Steak — Broil or Panbroil —
T Bone Steak —
Club Steak —



Standing Rib Roast — Roast —
Rolled Rib Roast —
Rib Steak — Broil —



Blade Steak — Braise —
Blade Pot Roast —



Triangle Pot Roast — Braise —
Boneless Chuck Pot Roast —
Shoulder Fillet —

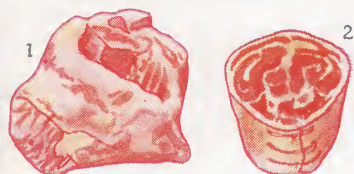


Rolled Neck — Braise or Stew —
Boneless Neck —

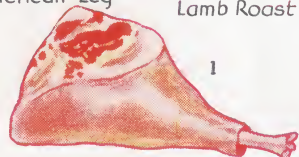
* LESS EXPENSIVE CUTS

Chart of Lamb Cuts

Retail Cuts



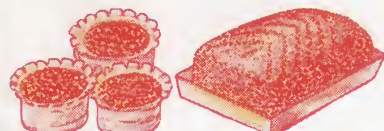
American Leg Sirloin Lamb Roast



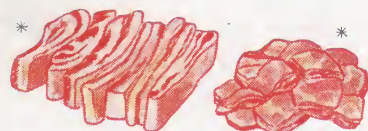
Frenched Leg
Roast



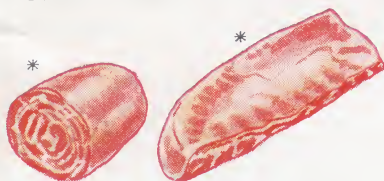
Loin Lamb Chop English Lamb Chop Rolled Loin of Lamb
Broil or Panbroil Roast



Lamb Patties Lamb Loaf
Braise or Broil Bake



Lamb Riblets Lamb Stew
Braise or Stew Stew

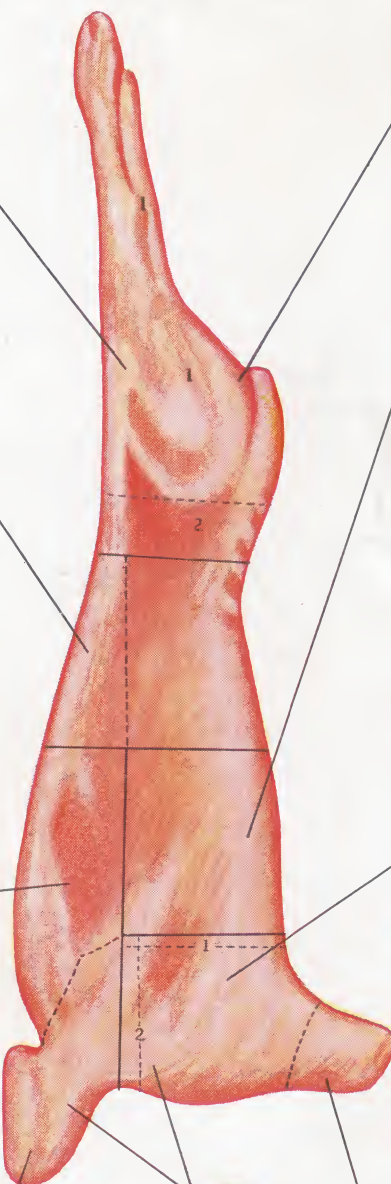


Roller Breast Lamb Breast
Roast or Braise



Lamb Shanks
Braise or Stew

Wholesale Cuts



Mock Duck

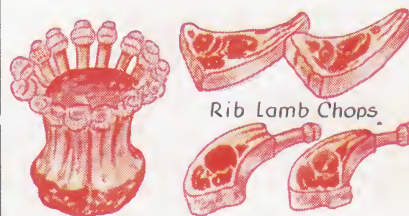
Roast

Retail Cuts

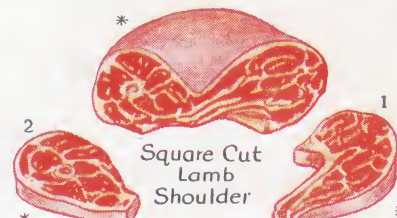


Leg of Lamb
(Three Cuts From one Leg)

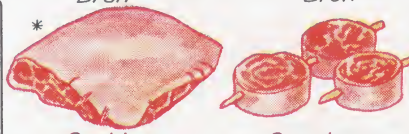
Roast Broil Stew Braise



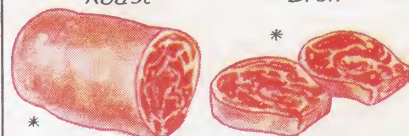
Lamb Crown Roast Frenched Rib Chops
Roast Broil



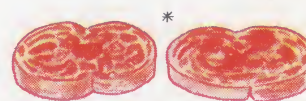
Square Cut Lamb Shoulder Arm Lamb Chop
Broil Broil



Cushion Lamb Shoulder Saratoga Lamb Chops
Roast Broil



Roller Lamb Shoulder Boneless Shoulder Chops
Roast Broil



Lamb Neck Slices

Braise

* LESS EXPENSIVE CUTS

The Art of Carving

PROPER carving is an accomplishment of which everyone should be master. When the meat is placed before the carver, anticipation in eating is spoiled if the meat is mangled before one's very eyes . . . On the other hand, fine carving is no more than right and just for fine food . . . everyone at the table feels calm and comfortable when an expert carver wields the fork and knife . . . and what is more, proper carving is decidedly economical.

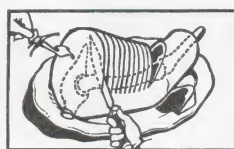
No one can carve well without three things: properly cooked meats, knowledge of the anatomy of that which is to be carved and good sharp tools with which to work. For the average family two carving knives are desirable; one with a long sharp blade for large roasts and a smaller, lighter knife for steaks, cutlets and poultry. The platter should be large enough to give room not only for the meat that is to be carved but also for the carved portions. In the case of very large roasts or turkey it is well to have an extra plate or small platter on which the slices of roast, or the dark meat of the turkey may be placed. It is more convenient to use a serving table for the carving when these larger roasts or turkey are to be served. Meats carved correctly and quickly and served promptly yield the greatest possible eating enjoyment in aroma, flavor and juiciness as well as in proper temperature.

All roasts should be carved across the grain of the meat whenever possible. Slices should be no thicker than is necessary to hold them together.

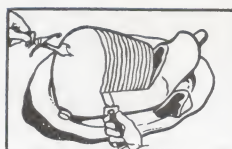
How to Carve a Ham



Place the ham on platter with fat side up, shank to carver's right. From the smaller meaty section, cut two or three slices parallel to the length of ham, and lift to one side.



Rest ham on the cut surface. Holding firmly with fork, cut a small, wedge-shaped slice from the shank end. Continue to cut thin slices down to the leg bone until the aitch bone is reached.



Keeping the fork still in place, loosen the slices by running the knife along the bone at right angles to the slices. For second servings, turn the ham and carve the other side in even slices.



If more servings are desired, turn ham back to its original position, with the fat side up, and carve slices at right angles to the bone. By following this method the ham is neatly carved.

COOKING TIME FOR MEATS

BEEF	ROASTED IN OVEN AT 300°F.		BRAISED	COOKED IN WATER
	Thermometer Reading	Minutes Per Lb.		
STANDING RIB				
Rare.....	140°F.	18-20		
Medium.....	160°F.	22-25		
Well-done.....	170°F.	27-30		
ROLLED RIB.....	As above	Add 10-15		
RUMP.....	150°-175°F.	25-30		
TENDERLOIN.....	140°-170°F.	20-25		
SWISS STEAK.....			2-3 hrs.	
POT ROAST.....			3-4 hrs.	
STEW.....				2-3 hrs.
	BROILED			
STEAKS	Rare	Medium		
1 inch.....	15-20 min.	20-30 min.		
2 inch.....	25-35 min.	35-50 min.		
3 inch.....	30-40 min.	50-70 min.		
LAMB	ROASTED IN OVEN AT 300°F.		BRAISED	
	Thermometer Reading	Minutes Per Lb.		
LEG.....	175°-180°F.	30-35		
SHOULDER				
Whole.....	175°-180°F.	30-35		
Rolled.....	170°-180°F.	40-45		
BREAST				
Stuffed.....			1½ to 2 hours	
Rolled.....			1½ to 2 hours	
PORK	ROASTED AT 300°-350°F.		BRAISED	
	Thermometer Reading	Minutes Per Lb.		
FRESH PORK				
LOIN.....	185°F.	35-40		
SHOULDER.....	185°F.	40-45		
CHOPS and STEAKS.....			45-60 min.	
SPARE RIBS.....			90 min.	
SMOKED HAM				
Large.....	160°-170°F.	15-20		
Small.....	160°-170°F.	20-25		
Half.....	160°-170°F.	25-30		
PICNIC.....	170°F.	35		

VITAMINS

MEAT	SELECTED SERVING	A	B		
			Thiamine	Riboflavin	Nicotinic Acid
	Edible Portion	Internat'l Units	Micro-grams 1	Micro-grams 2	Milli-grams
BEEF.....	4 oz.	67	227	294	8.4
LAMB.....	4 oz.	*	337	397	
PORK.....	4 oz.	*	1602	414	11.0
VEAL.....	4 oz.	*	310	344	16.2
LIVER.....	4 oz.	6885	389	3343	35.5
KIDNEYS.....	4 oz.	743	515	2603	19.8
HEART.....	4 oz.	*	659	1980	7.8
SWEETBREAD.....	4 oz.	*	373	907	3.7
BRAINS.....	4 oz.	*	280	439	9.0
*Not determined but present in small amounts.					

Soups and Sauces...

THE woman who considers it a culinary necessity to have a bowl of soup stock on hand soon acquires a reputation for excellent cooking. Not only can soup stock be combined with vegetables to make a richly flavorful and healthful soup, but the addition of soup stock to various meat sauces does something for flavor that is irresistible. Consult chart pages for suitable cuts To make a really delicious soup stock use the following:

- 3 lbs. Kingan's chuck beef (no fat) cut in small pieces
- 3 lbs. Kingan's knuckle of veal chopped in small pieces
- 4 qts. cold water Salt and pepper
- 1/4 cup each of chopped carrots, celery, turnips and onions
- 1 bunch mixed herbs, such as bay leaf, thyme, sweet majoram

Soak bones and 3/4 of the meat in cold water for one hour. Brown rest of meat and 1/4 of vegetables in Kingan's Tasti-Creamed Lard. Add to meat in kettle and simmer 4 hours. Remove scum and any fat as it rises. Add remaining vegetables and simmer one hour more. Strain through two layers of cheese cloth. When cool, remove fat, and place in refrigerator. Add several tablespoons of soup stock to all sauces.

Pot-Au-Feu

French Family Soup

- | | |
|--------------------------|------------------------------|
| 3 lbs. Kingan's Reliable | Bouquet garni (parsley, |
| Brisket of Beef | thyme, bay leaf) |
| 3 qts. water | 1 small cabbage, quartered |
| 2 teaspoons salt | 1 onion, stuck with 2 cloves |
| 4 pepper corns | 5 small carrots |

Slices French bread (dry)

Cover meat with water. Add salt, pepper and bouquet garni. Simmer three hours. Add vegetables and cook until they are tender, about 30 minutes longer. Slice meat and arrange on platter with vegetables. Strain broth over bread placed in a tureen.

Horseradish Sauce

- | | |
|------------------------|----------------------------|
| 4 tablespoons Kingan's | 1/2 teaspoon salt |
| Reliable Butter | 1/8 teaspoon dry mustard |
| 4 tablespoons flour | 2 tablespoons grated fresh |
| 2 cups rich milk | horseradish |

Blend butter and flour in double boiler and add milk gradually. Cook and stir until thickened. Add seasonings. Serve hot with boiled fresh beef tongue, boiled beef or heated Kingan's Reliable Bologna.

Lard Recipes...

Kingan's Tasti-Creamed Lard

BECAUSE of its creamy-white purity, fine flavor and the ease with which it cuts into a mix, Kingan's Tasti-Creamed Lard is an ideal shortening for making cakes, pie crust and biscuits. It also is ideal for deep fat frying because of the golden-brown "jacket" which foods wear after immersion in this pure fat.

Pastry Mix

7 cups sifted pastry flour 4 teaspoons salt
2 cups Kingan's Tasti-Creamed Lard

Mix and sift flour and salt. Cut Tasti-Creamed Lard into flour with two knives until mixture is evenly granular. Store in a closely covered jar in refrigerator. When ready to make pie, add ice water, cutting it in with knife so that the dough is smooth and light. Roll out the paste lightly and swiftly on a floured board.

French Fried Onion Rings

Kingan's Tasti-Creamed Lard
3 large sweet onions
Sweet milk

Salt and pepper
Flour
Egg yolk

Slice onions crosswise in $\frac{1}{4}$ -inch thick pieces. Separate slices in rings. Cover with half each milk and water and let stand an hour. Season with salt and pepper and dredge with flour. Add undiluted milk to egg yolk (beaten) and dip onion rings into mixture; then dredge with flour again. Let prepared onion rings stand on waxed paper for 15 minutes. Fry a few rings at a time in lard heated to 365° F. until nicely browned. Drain and serve immediately.



Good Recipes Inside.

KINGAN'S

FINE FOOD PRODUCTS

SMOKED MEATS

Reliable Registered Hams	Reliable Picnics
Reliable Bacon	Reliable Pork Tasties
Reliable Canadian Style Bacon	Reliable Dried Beef

SAUSAGE AND LUNCHEON MEATS

Reliable Breakfast Sausage	Reliable Braunschweiger
Reliable Skinless Wieners	Reliable Baked Meat Loaf
Peerless Loaf	Reliable Sandwich Loaf
Reliable Pork Sausage	Reliable Pilot Loaf
Reliable New England Lunch Roll	Reliable Smoked Sausage
Reliable Bologna	

TASTI-SQUARES (four varieties)

Mac	Delicious	Luxury	Tangy
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COOKED MEATS

Reliable Boiled Hams	Reliable Baked Hams
Reliable Cooked Beef Tongues	

CANNED MEATS

Reliable Beef Stew	Reliable Ox Tongues
Reliable Chili Con Carne with Beans	Reliable Breakfast Sausage
Reliable Chili Con Carne (plain)	Reliable Potted Meat
Reliable Corned Beef Hash	Reliable Pâté de Foie
Reliable Meat Gravy	Reliable Deviled Ham
Reliable Spaghetti and Meat	Reliable Deviled Tongue
Reliable Hot Tamales	Reliable Tripe
Reliable Luncheon Meat	Reliable Vienna Sausage
Reliable Pork Brains	Reliable Tasti-Cooked Hams
Reliable Lunch Tongues	

SHEFFORD CHEESE

American, Pimiento, Brick, Limburger, Chevelle, Old Yorke, and Swiss in one-half pound Cartons
Snappy, Cream, Pimiento, Pineapple, Swiss, Roquefort, Pimiento Cream, Old Yorke, Cheese Relish, Limburger in 5 ounce Glasses

DRY SAUSAGE

Genova, Procida, Abruzzi, Sorrento, Peperoni, Capiccoli, Frisses, Cooked Salami, Mortadella, and La Perla Prosciutti (Finest Italian Ham)

POULTRY, BUTTER, EGGS

Reliable Creamery Butter	Reliable Selected Eggs
Reliable Fryers	Kingan's Margarine
Reliable Broilers	Piedmont Farm Butter
Reliable Fowl	Plantation Margarine
Reliable Roasters	

GLASS JAR PRODUCTS

Reliable Sliced Dried Beef, Ox Tongues, Boneless Pigs Feet, Lamb Tongues
Boneless Tid Bits, Mince Meat, Mayonnaise, Thousand Island Dressing

Finest Grade of Fresh Pork, Beef, Lamb and Veal. These are a few of Kingan's Four Hundred Fine Foods. Ask for Reliable!

KINGAN & COMPANY is one of the oldest meat packing firms in America, dating back almost a century to its beginning in Belfast, Ireland, in 1845. The first plant in this country was established in Brooklyn in 1851, and two years later the business was expanded westward to Cincinnati. In 1862, Indianapolis became the home of the main plant—which is today one of the largest packing houses in the world.

It was in this Indianapolis plant that artificial refrigeration was first successfully applied to the packing business. This made it possible for the industry to operate every day in the year, and permitted the consumer to get appetizing, fresh meats at all seasons, and also provided the farmer and stock raiser with a cash market every business day of the year, instead of only in the cold months.

In addition to the main plant in Indianapolis, Kingan & Co. have several other operating plants in different sections of the country as well as branch houses throughout the United States and selling connections in many foreign countries.

During all the long evolution of their business, Kingan & Co. have steadfastly adhered to their original principal of producing the finest quality products and of upholding at all times their record for integrity and fair dealing with the public. This accounts for the enviable reputation of the "Reliable" trade-mark which always stands for the very best and is the buyer's guarantee of highest quality.

KINGAN & COMPANY

PURVEYORS OF FINE MEATS AND OTHER FOODS SINCE 1845

INDIANAPOLIS, IND.	RICHMOND, VA.	STORM LAKE, IA.
NEW YORK	BOSTON	PHILADELPHIA
	PITTSBURGH	HARRISBURG
JACKSONVILLE	ATLANTA	TAMPA
		NORFOLK
		WASHINGTON
		SAN FRANCISCO

